

“Happy Hour! Celebrating Wellness”

GINGER MEYER, MSW, LCSW, CCTP

SIU SCHOOL OF MEDICINE: DEPARTMENT OF PEDIATRICS
CHILDREN’S MEDICAL AND MENTAL HEALTH RESOURCE NETWORK
CLINICAL DIRECTOR



“Take Good Care.....”



Intentions



- ▶ Participants will:
 1. Enjoy each other's company
 2. Help educators and members of the school community to feel connected
 3. Provide concrete strategies to increase our Self-awareness
 4. Examine ways to nurture and care for ourselves so that we can care for others

Shared Agreements

- ▶ Actively listening and being respectful
- ▶ Honor all voices
- ▶ Let's coexist
- ▶ Being solution oriented
- ▶ Being a judge free zone
- ▶ Be present and engaged with meeting
- ▶ To be vulnerable and share your truth
- ▶ Considering all ideas
- ▶ Being willing to learn from other people

3 MINUTE SELF-CARE CHECK IN

BREATHE TAKE 3 DEEP BELLY BREATHS.

FEEL HOW ARE YOU FEELING TODAY?
NOTICE YOUR THOUGHTS AND
FEELINGS IN YOUR BODY.

AFFIRM SAY 3 POSITIVE AFFIRMATIONS
ABOUT YOURSELF.

THANK WHAT ARE 3 THINGS
YOU ARE GRATEFUL FOR?

NEED WHAT DO YOU NEED TO
FEEL POSITIVE AND HAPPY?

Self- Care and wellness must be proactive not reactive. Many people have been practicing after care, rather than self-care.





*“An empty
lantern provides
no light. Self-
care is the fuel
that allows your
light to shine
brightly.”*



Kindness Meditation



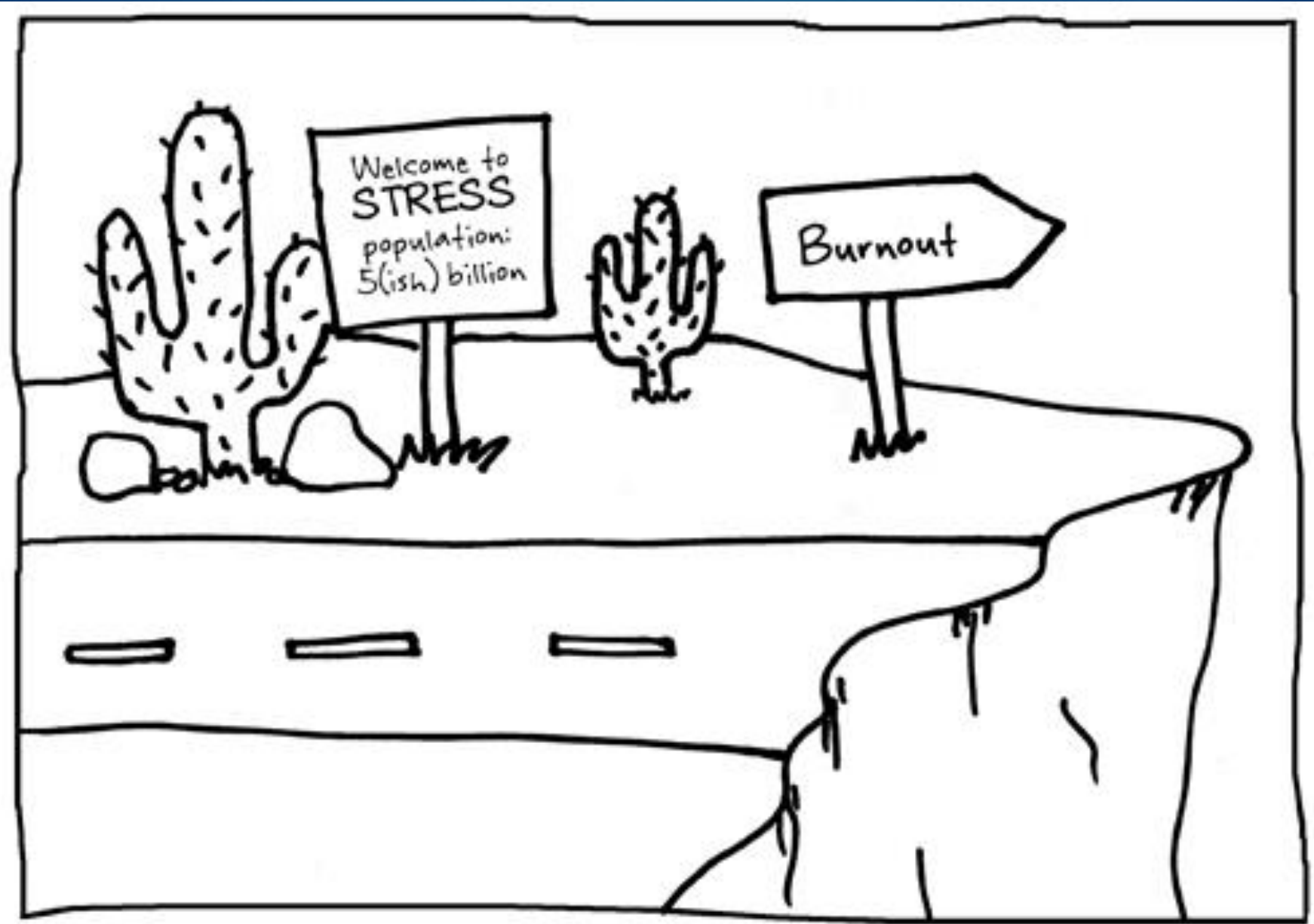
Progression of Burnout When People Do Not Engage in Self-Care

Compassion

Empathy

Vicarious/Secondary
Trauma

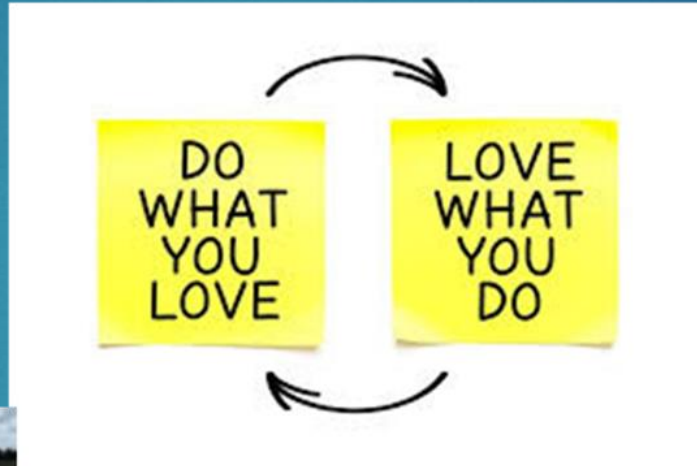
Compassion
Fatigue





**20 Principles of Being a Connected
Human Being that Contribute to
Wellness (according to me):**

1. What is your WHY??



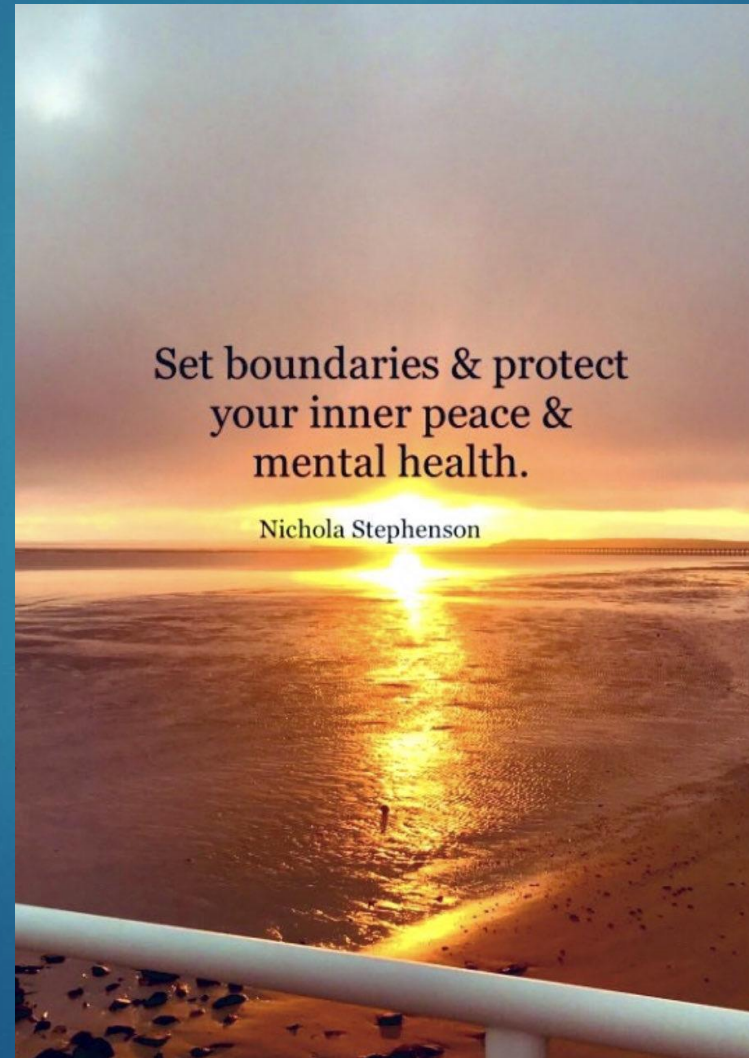
2. CREATE A MISSION STATEMENT



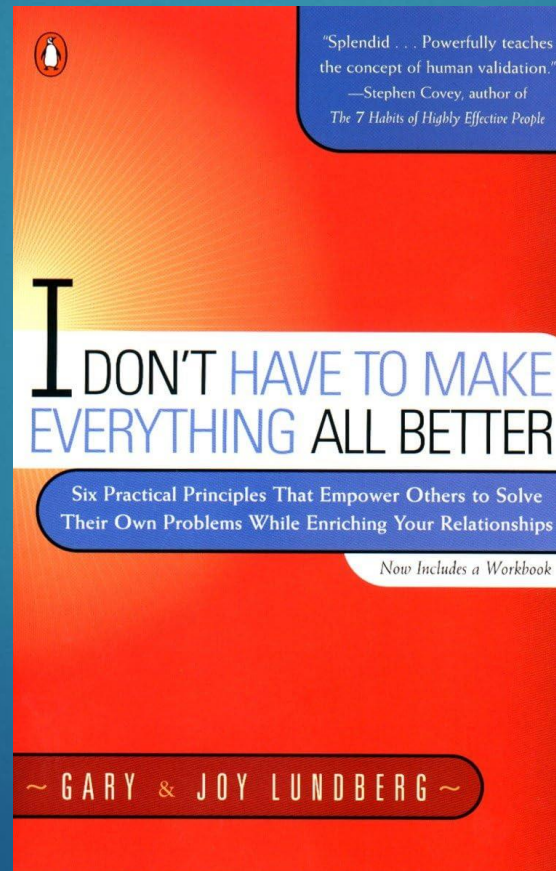
3. Self-Compassion

- Self-compassion doesn't always come easy, but when we frequently practice extending it to ourselves, we acknowledge our common humanity. Trusting and secure relationships are built around compassion, not perfection.
- Treating self with care and understanding rather than harsh judgement
- Actively soothing, comforting, supporting and protecting oneself in times of struggle (same you would to a close friend)
- Desire to alleviate suffering (any pain or discomfort- large or small) Not always touchy feely, sometimes boundaries

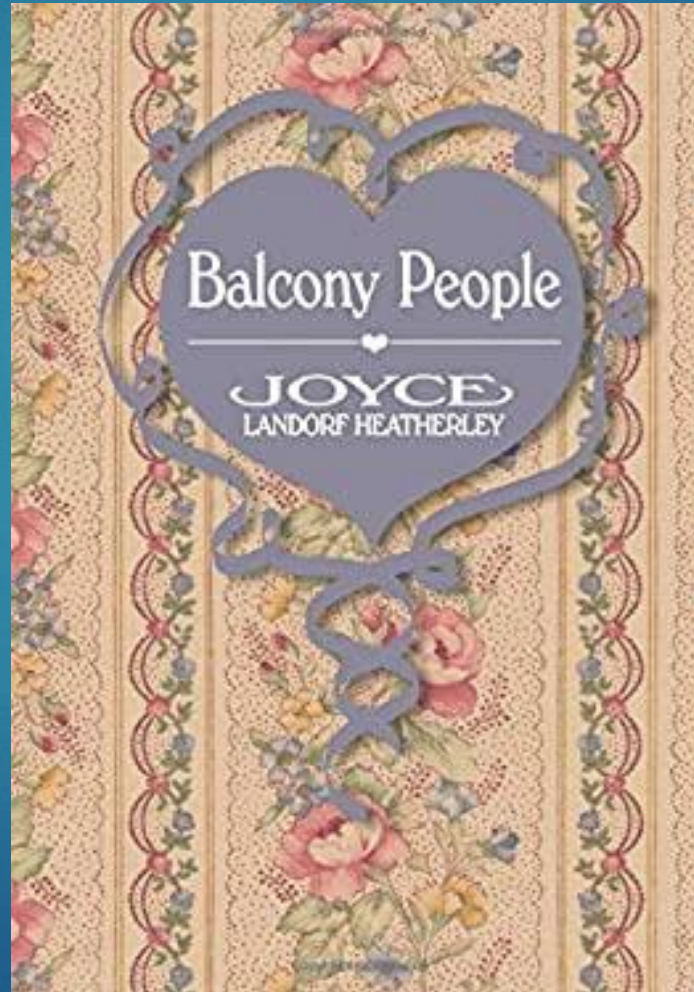
4. Set Boundaries



5. “I Don’t Have to Make Everything All Better” (Gary and Joy Lundberg)



6. “Balcony People” Joyce Landorf Heatherley



7. Always Leave a Genuine Gift of Affirmation

AFFIRMATIONS FOR FRIENDS

I'll always
be there
for you

I love
learning
from you

You are a
good
listener

You make
me laugh

I feel safe
around
you

I
appreciate
you

You are
so
creative

I love
being your
friend

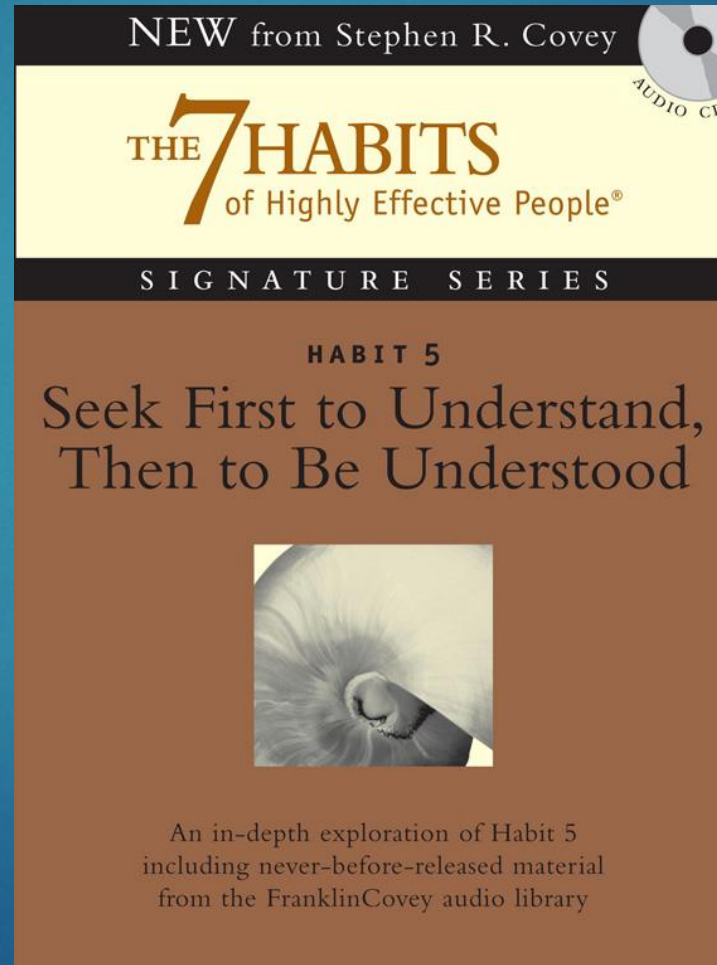
You are
very
brave

(Joyce Landorf Heatherly)

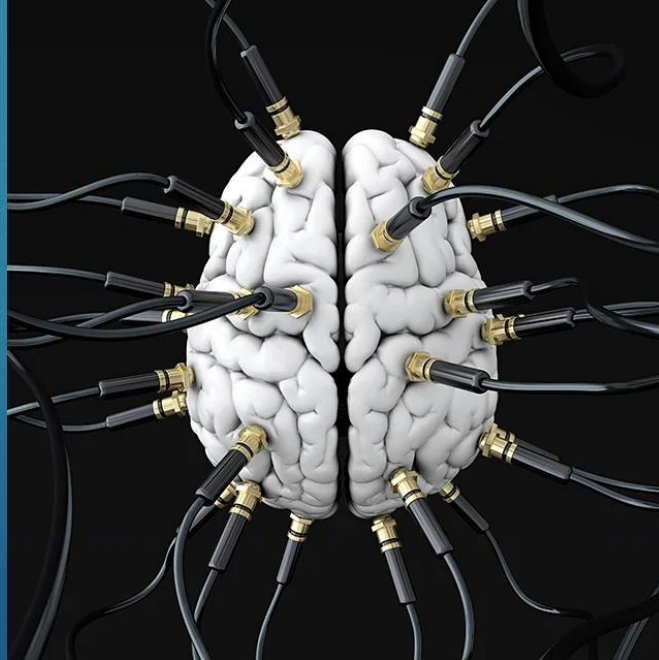
8. Authenticity is Imperative



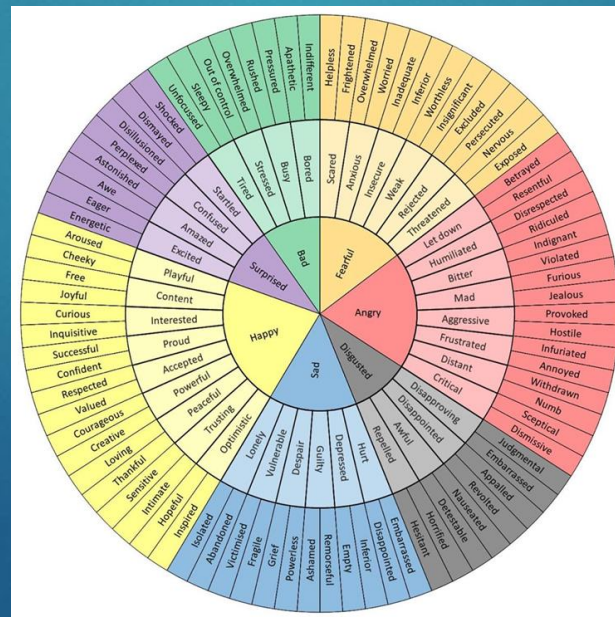
9. Seek First to Understand and Then to Be Understood (Stephen Covey)



10. The Brain is wired to keenly pay attention to negative info and not pay much attention to positive or safe info.



11. There are at least 87 feelings/emotions that are being studied, but can be bridges to Connection or Protection and can be put in the bucket of Love or Fear



The limbic system meets the prefrontal cortex



Myths about Feelings

1. You are responsible for others feelings- Look how you made (insert person) feel! You ruined.....
2. You should be feeling a certain way: “you should be ashamed of yourself, you should feel bad, are you happy now?”
3. Feelings are dangerous; they can and will hurt you- You don't want me to be made! Wait until your father gets home...(implies anger)

Becky Bailey, Managing Emotional Mayhem



Dangerous Logic

“If you make me angry, you are at fault and you must change for me to feel better. If you make me angry then I must control you in order to regulate me.”

Becky Bailey, Managing Emotional Mayhem



Healthy Logic

“learning to identify, own and name our own feelings results in the following healthy logic: If I feel angry, I can choose to manage my own feelings and use them to motivate me to change. I can regulate myself and communicate with you. We each choose whether to create resentment through blame or build love through sharing.”

Becky Bailey Managing Emotional Mayhem



Self-Awareness

1. What you offer others, you strengthen within yourself.

- If you offer calmness in a difficult situation, you strengthen your ability to be of service.
- If you offer criticism, you will feel inadequate
- Teaching children to manage emotional states, makes you more prone to manage your own.

Becky Bailey, Managing Emotional Mayhem



Self-Awareness

2. Whoever you believe to be in charge of your feelings, you have placed in charge of you.
- If traffic makes you angry, then traffic is in charge of you.
 - If children make you frustrated, then you have placed the children in charge.
 - Flip the script- you are not a victim to your circumstances when you reclaim your personal power.

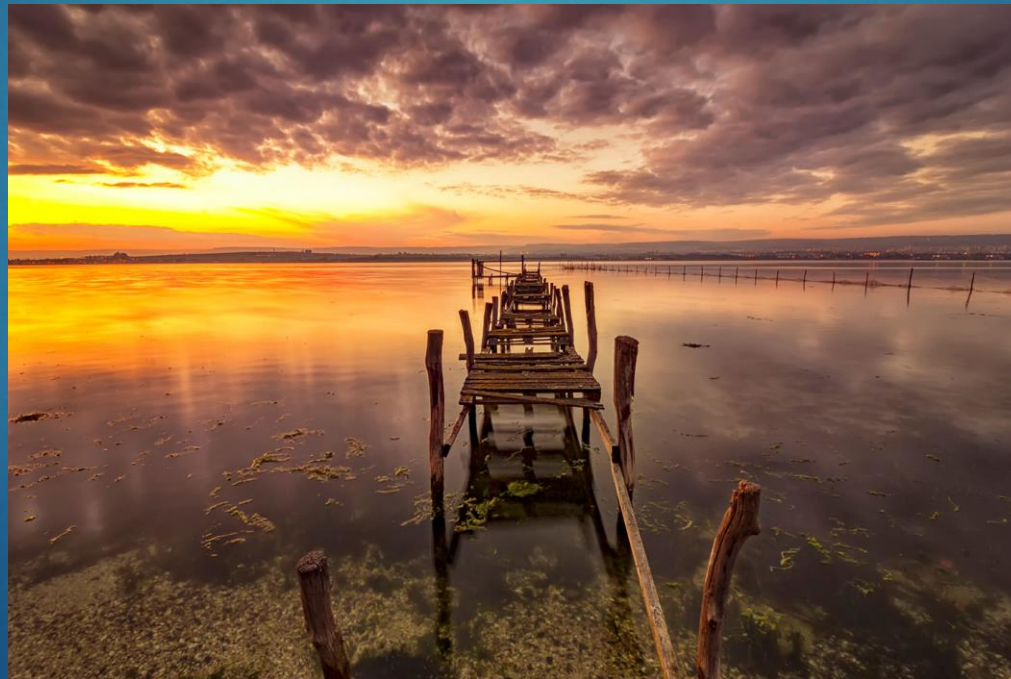
Becky Bailey, Managing Emotional Mayhem



Emotions are an Alert Mechanism



Emotions (Present) are the Bridge
Between
Problem (Past) and Solutions
(Future)







Like a GPS the **EGS** or **Emotional Guidance System** helps us to navigate.

Emotions are essential for cognition, brain development, physical health and happiness.

Teaching children the internal EGS (Emotional Guidance System)



- Guides us from problem to action.
- If we don't use it: Children will look for external sources of comfort and validation.
- Seek to distract from difficult emotions and seek guidance outside the system.

"Addiction is the avoidance of self." Susie Wiet



FOUNDATIONAL EXPERIENCE

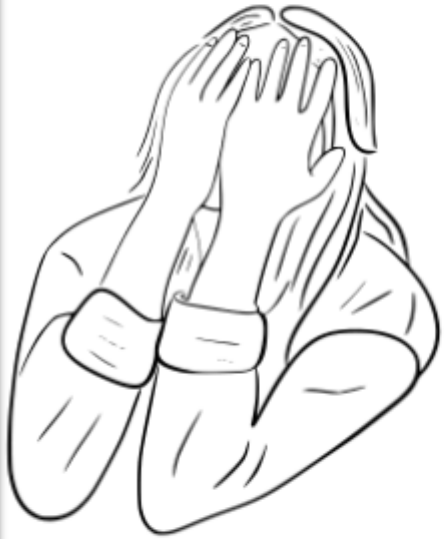


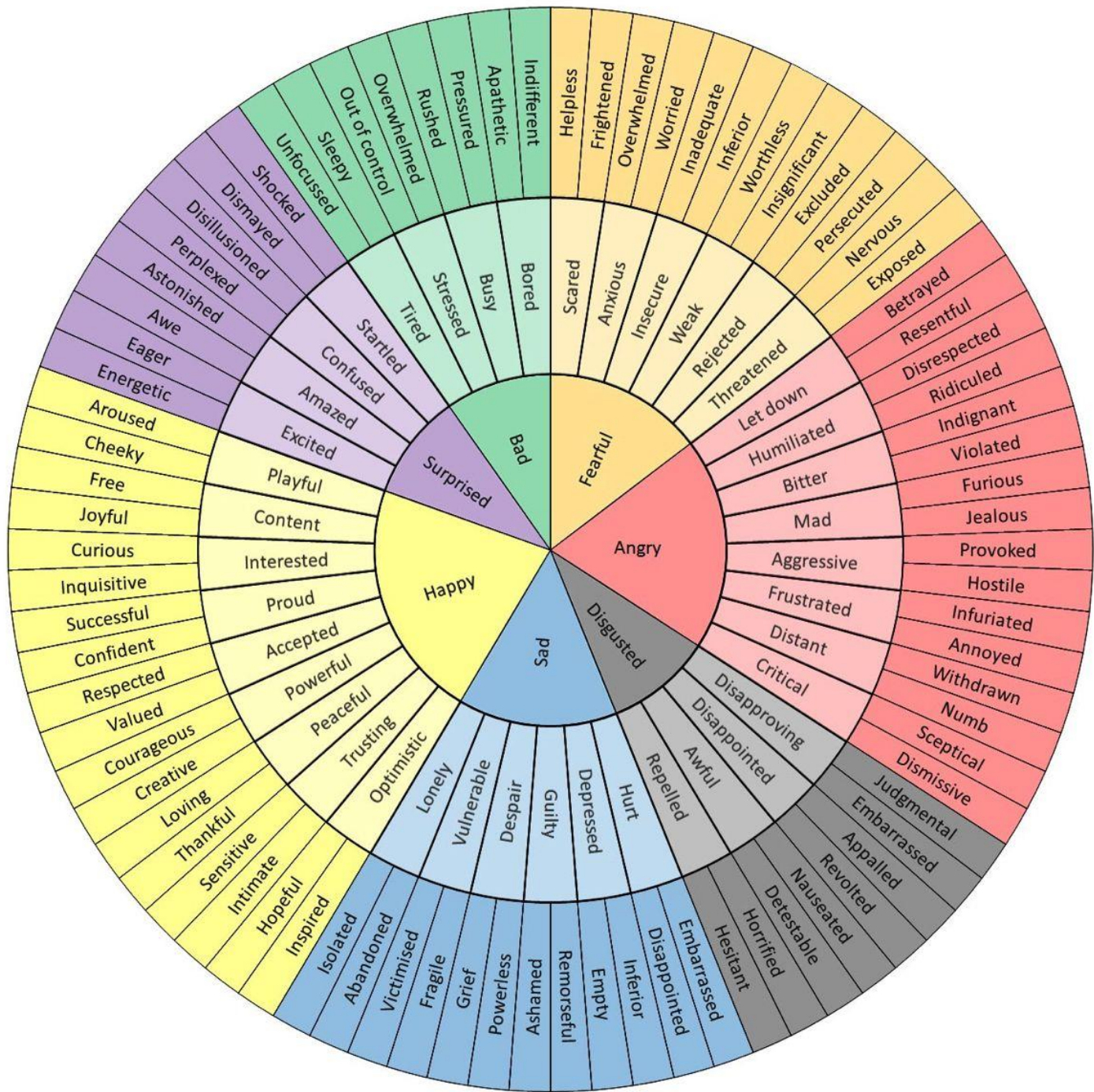


4 Primary Emotions



Secondary Emotions







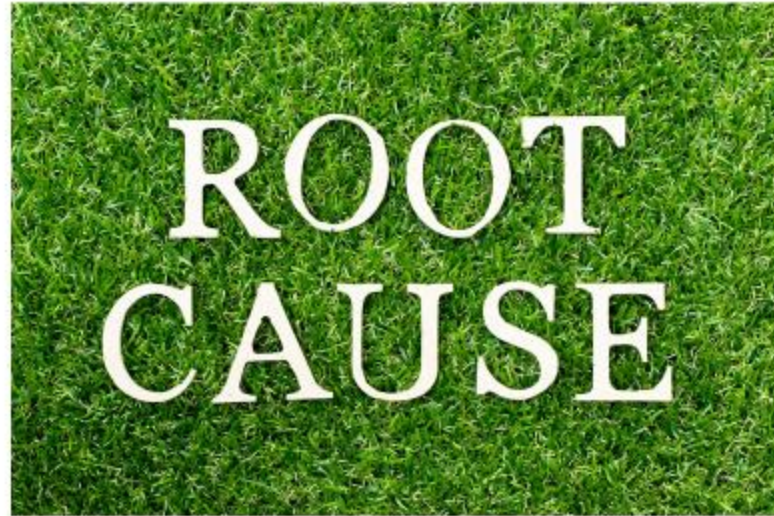
I'm Fine.....

Feeling of shame about feeling fear

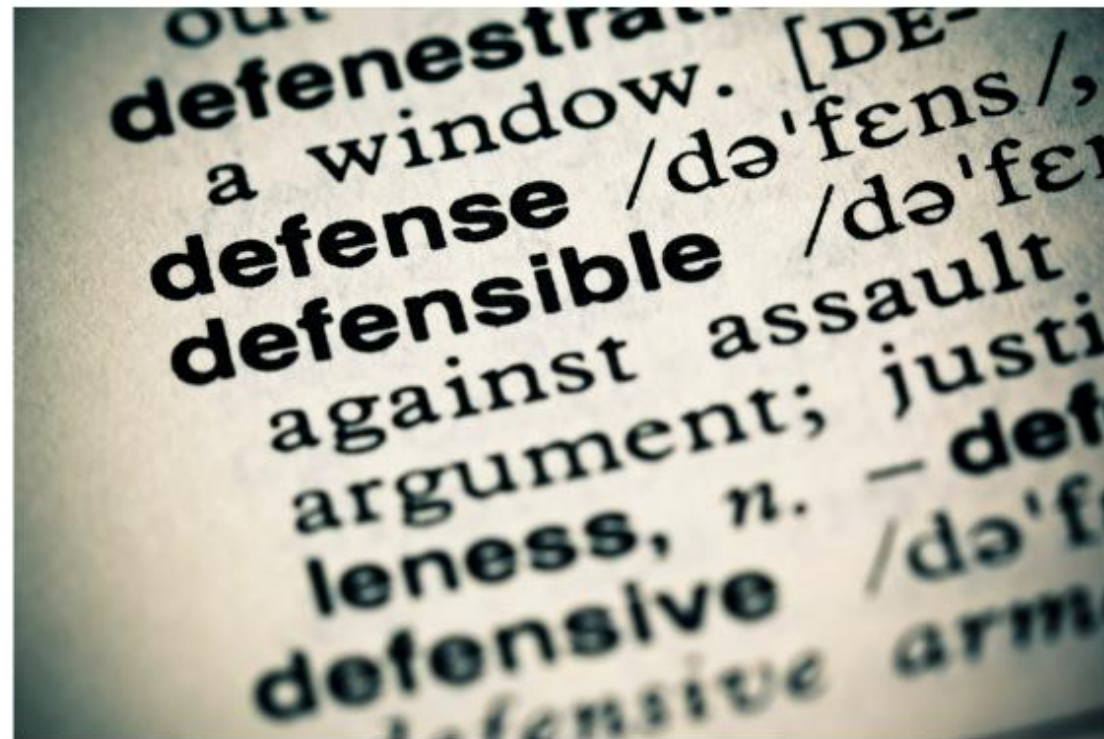
Feeling angry about feeling angry

Feeling guilty about feeling angry

Feeling anxious about feeling
scared



**Defense: Story to support and maintain
secondary feelings**





**My partner left because I am
unlovable and unworthy.**

**I landed that job because I got
lucky.**

**I lost the job because my boss
treated me unfairly.**

Insert story from your life: the story that you tell yourself.

SELF AWARENESS



Four Emotionally Unhealthy Teaching and Parenting Styles

- ▶ **Ignoring**- If we deny our own feelings, we will deny or ignore children's feelings. We may not even notice their feelings as we continue with the academic or household needs. Little or no empathy is offered to self or child.
- ▶ **Dismissing**- If we tend to minimize or dismiss our own feelings, we will tend to dismiss the feelings of children in our care. This style asks us to compare our feelings state with those who are worse off than ourselves or doing fine in a similar situation.

Four Emotionally Unhealthy Teaching and Parenting Styles

- ▶ **Punishing**- If we have an antagonistic relationship with our feelings, then we will tend to punish ourselves for what we are feeling and punish children who show emotions (It's stupid to feel this way).
- ▶ **Fixing/Saving**- Making them feel better instantly. If we turn to shopping, food, special privileges to medicate our feelings, we will do the same with children. If we worry that our feelings are so strong they will overwhelm us, we will want to save our children from the discomfort.

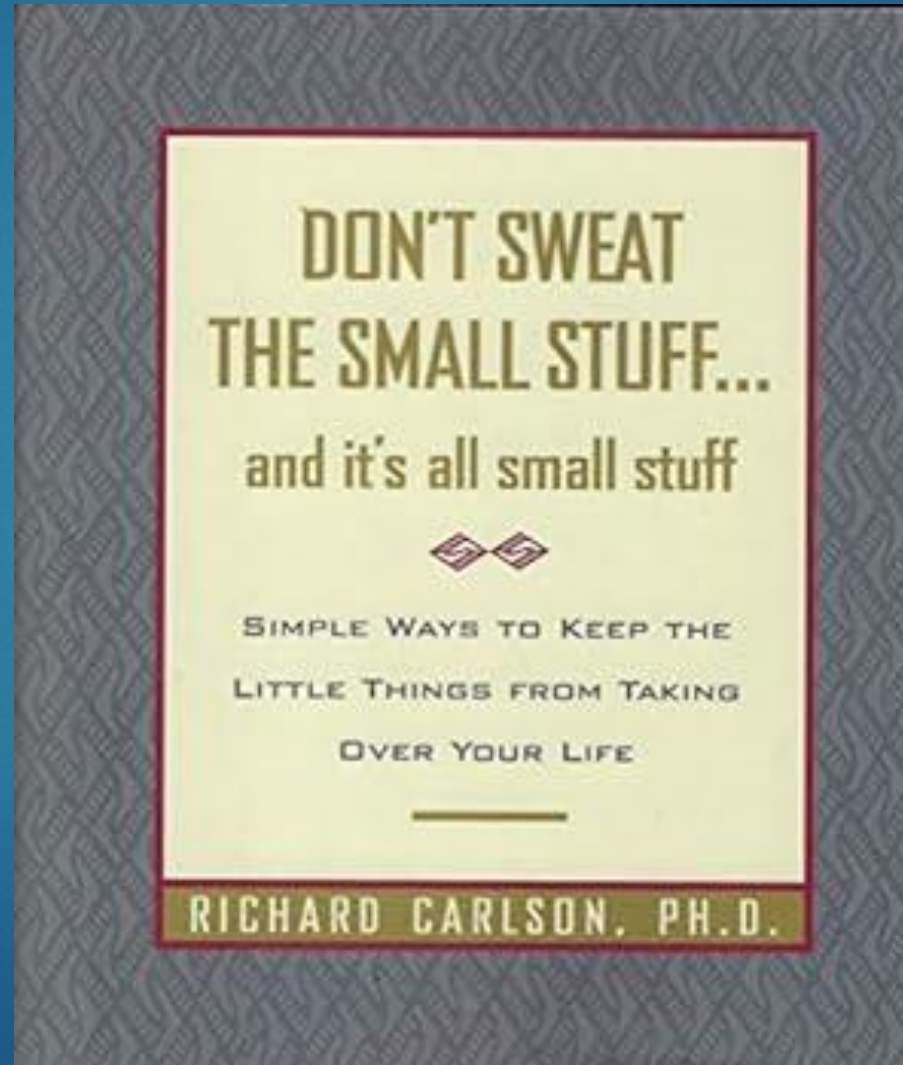
12. Let Go of Perfection



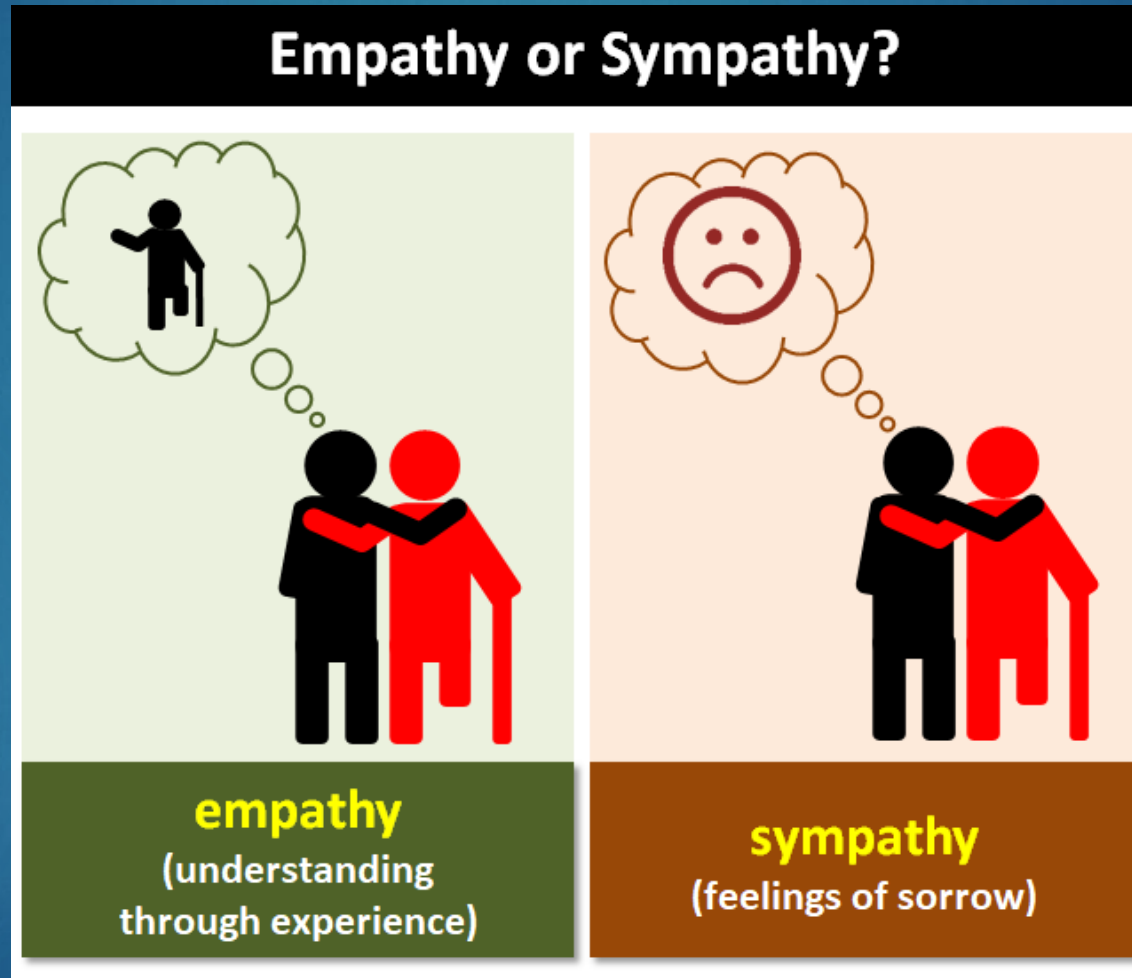
13. What Matters Most



14. Don't Sweat the Small Stuff

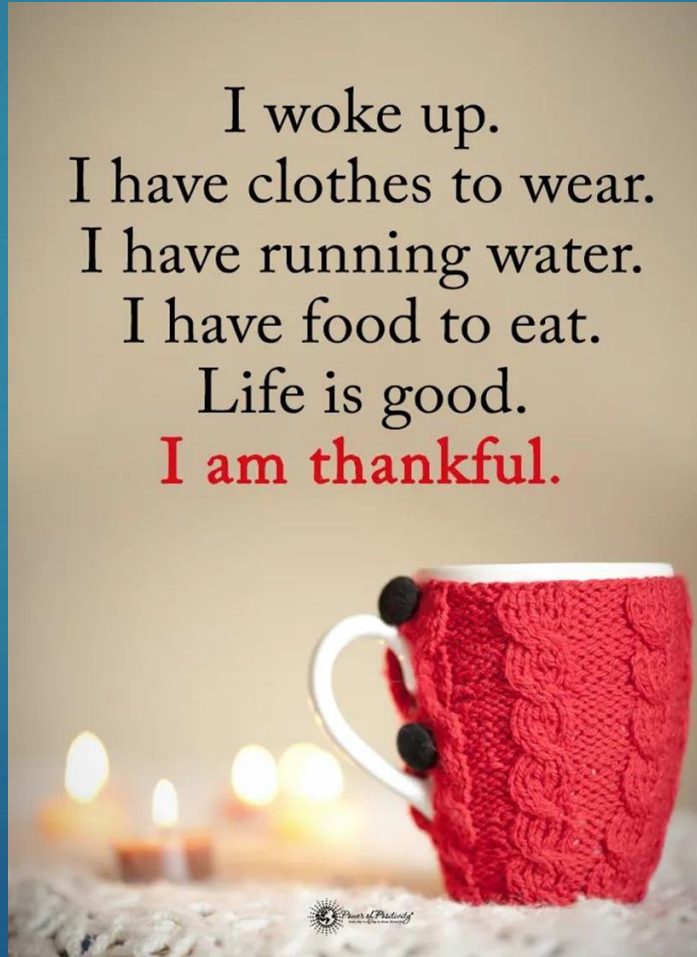


15. Learn empathy vs sympathy



16. Gratitude Will Shift You Out of A Stressed Space

I woke up.
I have clothes to wear.
I have running water.
I have food to eat.
Life is good.
I am thankful.



17. Things Happen For You, Not To You

Life is simple. Everything happens for you, not to you.

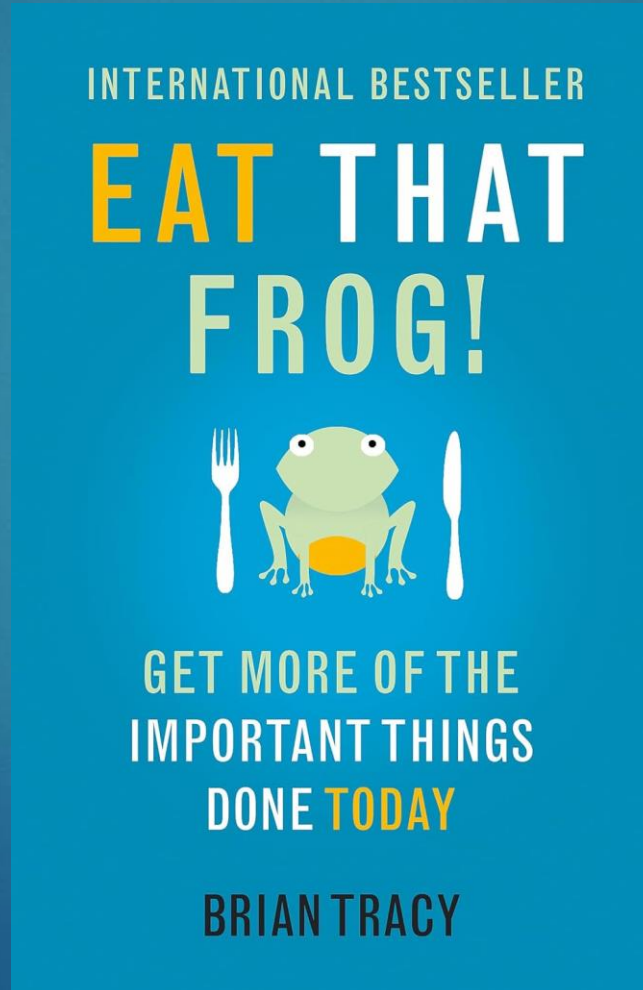
Byron Katie

quotefancy

18. Be Curious



19. Procrastination is not productive



20. LEARN HOW TO RESET YOUR NERVOUS SYSTEM

AUTONOMIC NERVOUS SYSTEM POLYVAGAL VIEW

Two traditionally recognised **ANS** signals

PARASYMPATHETIC

Rest & Digest

RELAXATION RESPONSE

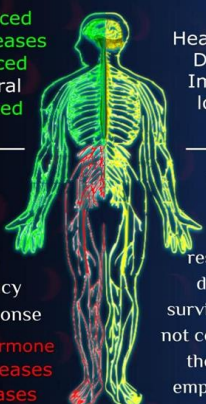
- Pupils **Constrict**
- Salivation **Enhanced**
- Heart Rate **Decreases**
- Digestion **Enhanced**
- Immunity & Neural Functioning **Regulated**

SYMPATHETIC

Fight or Flight!

STRESS RESPONSE

- Pupils **Dilate**
- Saliva **Inhibited**
- Heart Rate **Increases**
- Digestion **Inhibited**
- Immunity & Neuro-logical **Dysregulation**



Polyvagal Theory points towards an adaptive response in life threat situation in as part of an emergency Parasympathetic response

- **Increased Pain Hormone**
- **Metabolism Decreases**
- **Immunity Decreases**

Evolution of mammals still includes reptile responses such as the response to play dead or defecate in life or death survival situations which is not considered sympathetic though will often be pre-empted by the stress state

PARASYMPATHETIC + Freeze Response

MAP OF POLYVAGAL STATES

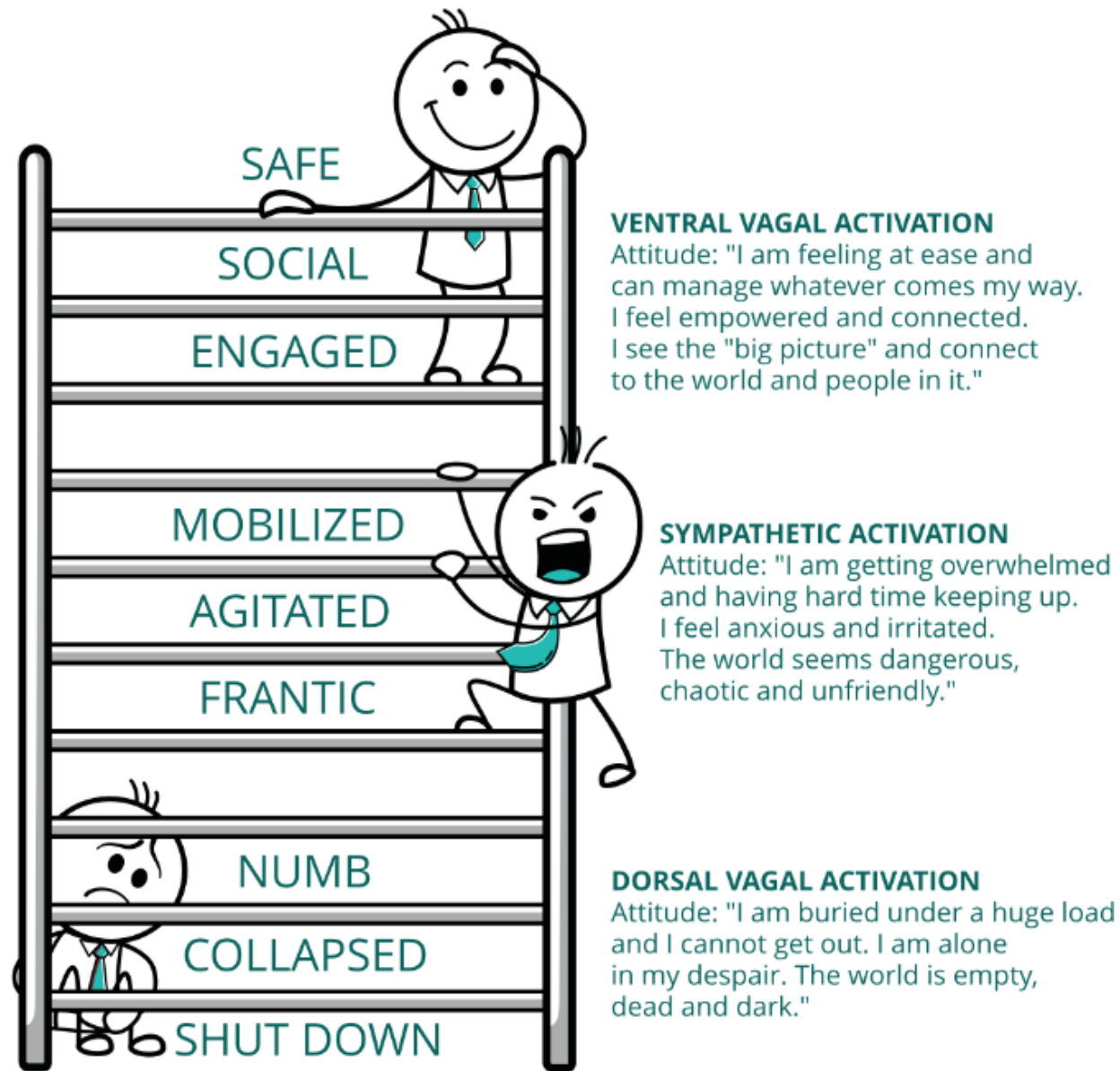
Physical vagus nerve wanders above & below diaphragm
Polyvagal theory divides to two vagal responses:

- **Mammalian evolved Ventral Vagal (Myelinated)**
- **Reptilian evolved Dorsal Vagal (Unmyelinated)**

DORSAL VAGAL	AROUSAL	PARASYMPATHETIC
SYMPATHETIC		SYMPATHETIC
VENTRAL VAGAL	SAFETY	PARASYMPATHETIC

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AUTONOMIC NERVOUS SYSTEM AS A LADDER



Adapted from *The Polyvagal Theory in Therapy* by Deb Dana

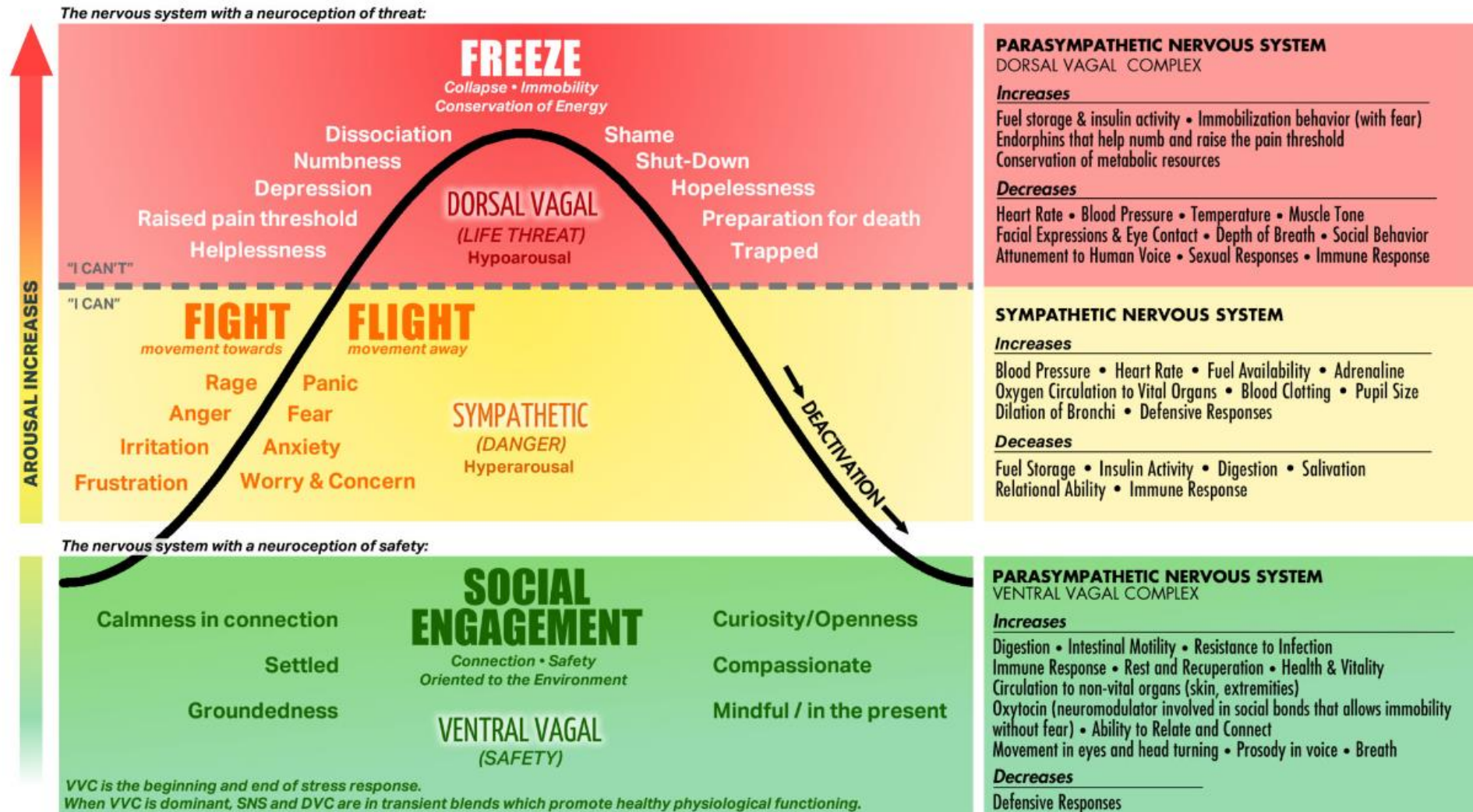
If you find yourself at the bottom of the ladder, it will take some action and effort to climb back up.



How to Map Your Own Nervous System: The Polyvagal Theory

Posted on [March 22, 2020](#) by [Arianne Missimer](#)

POLYVAGAL CHART



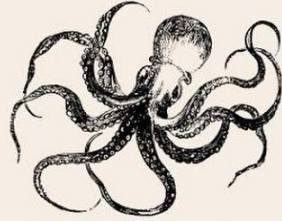
- ▶ To go from Sympathetic to Parasympathetic you need to **feel supported**.
- ▶ If you do not feel support in a high stress state, then you will become overwhelmed and spend time in the dorsal vagal response.
- ▶ To go from a dorsal vagal response of overwhelm to a parasympathetic response, you have to go back up to the stress response. In order to get to the stress response from overwhelm, you need three things:
 - ▶ **1. Time**
 - ▶ **2. Rest**
 - ▶ **3. Rejuvenation**
- ▶ When you get back to the stress response, you will need to **feel support** to get back to the parasympathetic response. If you do not, you will go back to the dorsal vagal response and over-whelm.
- ▶ People who experience burn-out oscillate here- between stress and overwhelm.

Symptoms of Un-Discharged Traumatic Stress



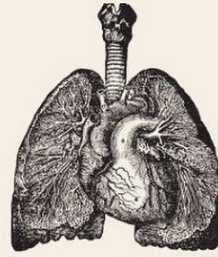
MENTAL HEALTH *rituals*

@animamundiherbals



SHAKE the body.

Shake your entire body powder fully. Shake off all the energy. Shaking activates the parasympathetic nervous system.



BREATHE deeply.

Use breath as a tool to release energy. Tune into the spaces that feel constricted, breathe deeply + exhale.



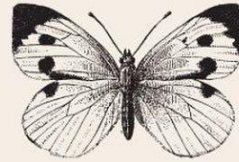
Inner SMILE meditation.

Close your eyes. Visualize + feel the smile of your inner organs. Allow it to blossom from the inside out.



Tune into the HEART.

Place your hands over your heart. What is it saying? Is there a color, sound or vibration it's speaking? Visualize + drop in.



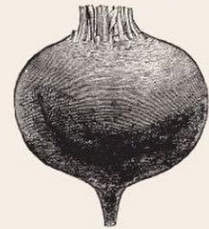
WALK it out.

Before reacting or enabling a mental loop, go for a walk + tune into your surroundings. Don't succumb to overthinking; observe with curiosity.



SWEEP the body.

With your hands sweep the body energetically. Sweep the energy OUT to release. Sweep energy IN when setting intentions.



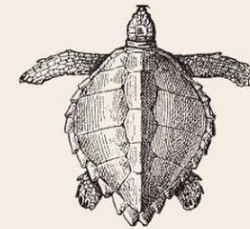
GROUND yourself.

With your bare feet on the Earth, visualize roots growing deep. Breathe + synch with the Earth's beat. Surrender + let go.



WRITE to yourself.

Keep a journal. Write about your feelings, thoughts, triggers, exp- experiences. This allows for reflection + understanding of patterns.



WATER

Water can greatly shift energy. Jump into a body of water, cold shower, or 'baño floral'. Allow the water to heal + restore.

Balance



What Gives you Energy?





IDEAS FOR SELF-CARE



PHYSICAL

- EAT AND DRINK REGULARLY
- GOOD NUTRITION
- EXERCISE
- SLEEP WELL
- TAKE VACATIONS (VACATION TIME)
- GET REGULAR MEDICAL CARE

EMOTIONAL

- INCREASE SELF-AWARENESS AND LABEL YOUR EMOTIONS
- FIND A HEALTHY OUTLET FOR YOUR EMOTIONS
- LISTEN TO YOUR THOUGHTS



NORMALIZE SAYING THINGS LIKE:

Can we talk about this later after I have time to gather my thoughts?

I don't have the energy to respond to this right now.

I will respond to your message when I feel recharged.

I need space right now and I will reach out when I feel ready.

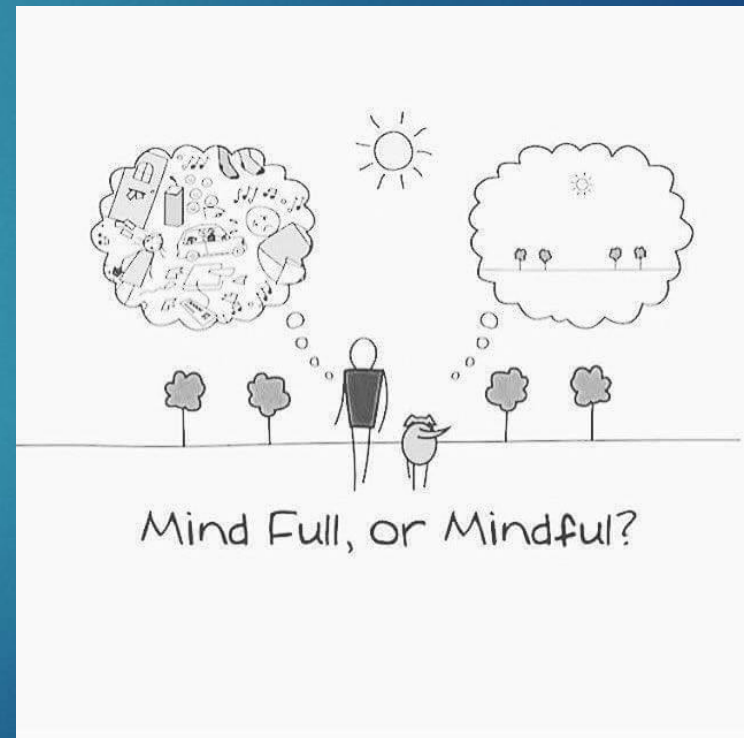
PROFESSIONAL

- TAKE A BREAK DURING THE DAY
- HAVE LUNCH AWAY FROM YOUR DESK
- SEEK SUPERVISION AND CONSULATION
- SET LIMITS WITH CLIENTS
- SET LIMITS WITH COLLEAGUES
- SOLVE LITTLE PROBLEMS
- BE REALISTIC AND FLEXIBLE
- BE AWARE OF YOUR LIMITATIONS



SPIRITUAL

- FIND MEANING IN THINGS
- PRAY/MEDITATE
- MINDFULNESS



SOCIAL

- SPEND TIME WITH FAMILY AND FRIENDS
- STAY CONNECTED WITH OTHERS
- PARTICIPATE IN YOUR COMMUNITY
- BECOME PART OF A TEAM SPORT/ACTIVITY
- SEEK OUT POSITIVE PEOPLE
- LEARN TO ASK FOR HELP



PSYCHOLOGICAL

- SEEK A BALANCED LIFE WITH WORK, FRIENDS, FAMILY, PLAY AND REST
- MAKE TIME FOR SELF REFLECTION
- ENGAGE IN RELAXING ACTIVITY
- ADOPT A POSITIVE ATTITUDE
- THERAPY WHEN NEEDED



healthy

Self-Talk



THIS

NOT THAT

✓ Whoops. I made a mistake.

✗ I'm so dumb.

✓ I like me.

✗ No one likes me.

✓ I did something bad.

✗ I'm a bad person.

✓ This is really hard, but I'm going to keep trying.

✗ I give up. I'll never be able to do this.

✓ I haven't figured it out...yet.

✗ I never get anything right.

✓ I am enough. And worthy, too.

✗ I'm not good enough.

Comparative Therapies 101

Freudian Your mother makes shit happen.	Behaviourism Shit happens after the bell sounds.	Rational Emotive Therapy Own your shit.
Cognitive Therapy Think about your shit rationally.	Humanistic Therapy Your shit is good.	Gestalt Therapy Where is your shit in this moment?
Play Therapy Play with your shit.	Solution-Focused Therapy How do you want your shit to be different?	Narrative Therapy Shit happens in your own story.
Couples Therapy You're shit.	Family Therapy Someone has to be responsible for this shit.	Group Therapy Share your shit.
Harm Reduction Therapy How can you make shit less important in your life?	12 Step Therapy Admit you are powerless over shit.	Brief Therapy This shit better be over soon.



Put on your own
oxygen mask
before helping
those around you.

Make yourself a priority
once in a while. It's not
selfish. It's necessary.



Be Gentle with
each other today.

You have NO idea
how much we all

• HURT.



You have permission to rest.
You are not responsible for fixing everything that is broken.
You do not have to try and make everyone happy.
For now, take time for you.
It's time to replenish.

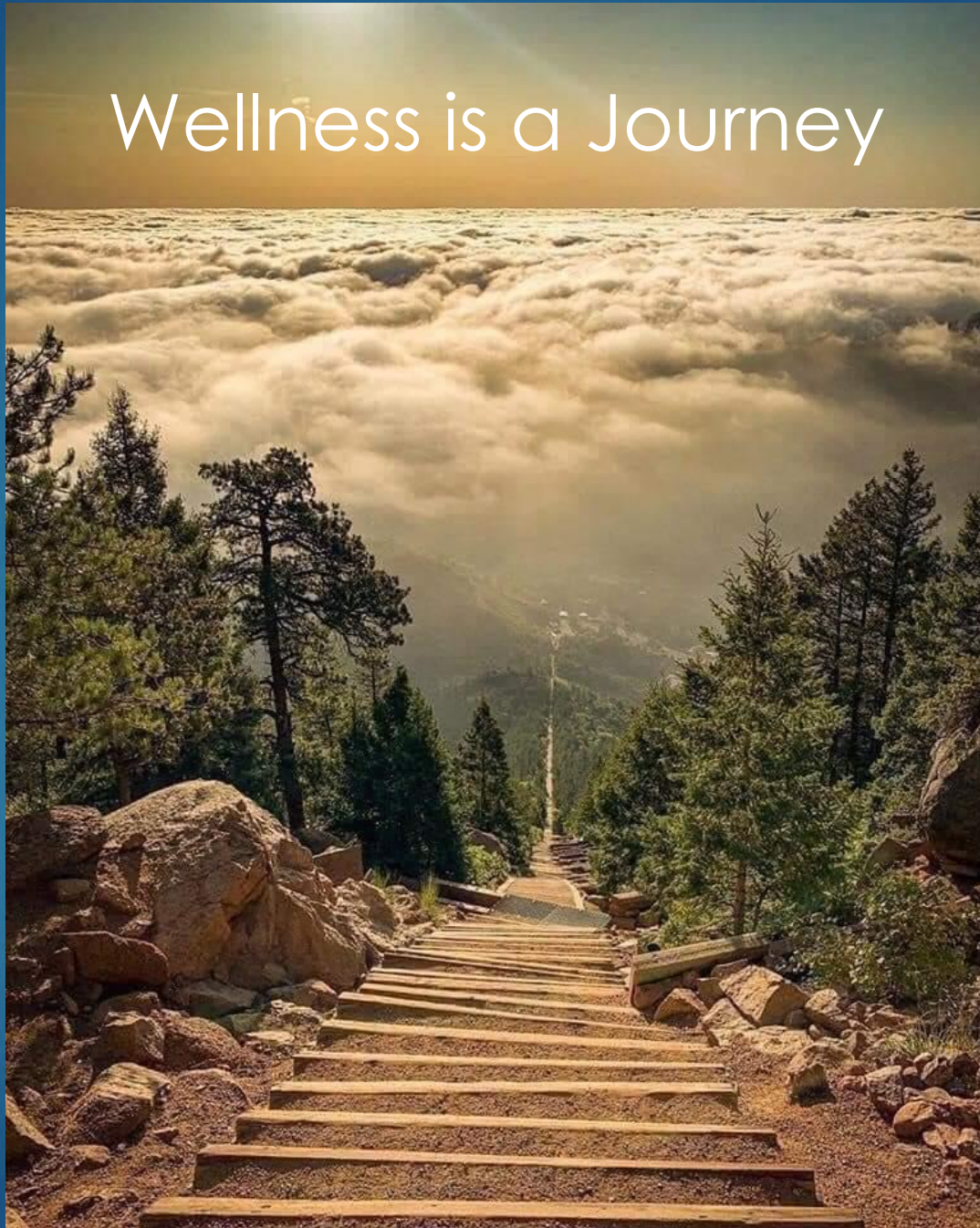
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Wellness is a Journey



What You Practice Grows Stronger





THANK YOU!

CONTACT INFORMATION:
GINGER MEYER
gingermeyer1@hotmail.com
618-833-6488

